

# Fact Sheet:

## Youth Risk Behavior Trends

From CDC's 1991, 1993, 1995, 1997 and 1999 Youth Risk Behavior Surveys

### Risk Behaviors That Improved,<sup>1</sup> 1991-1999

	<u>1991</u>	<u>1993</u>	<u>1995</u>	<u>1997</u>	<u>1999</u>
<b><u>Injury-related behaviors</u></b>					
Never or rarely wore a seat belt	25.9	19.1	21.7	19.3	16.4
Never or rarely wore a bicycle helmet <sup>2</sup>	96.2	92.8	92.8	88.4	85.3
Rode with a drunk driver <sup>3</sup>	39.9	35.3	38.8	36.6	33.1
Carried a gun <sup>4</sup>	NA	7.9	7.6	5.9	4.9
Carried a weapon on school property <sup>4</sup>	NA	11.8	9.8	8.5	6.9
Involved in a physical fight <sup>5</sup>	42.5	41.8	38.7	36.6	35.7
Involved in a physical fight on school property <sup>5</sup>	NA	16.2	15.5	14.8	14.2
Seriously considered suicide <sup>6</sup>	29.0	24.1	24.1	20.5	19.3
<b><u>Tobacco use</u></b>					
Current smokeless tobacco use <sup>4</sup>	NA	NA	11.4	9.3	7.8
<b><u>Sexual behaviors</u></b>					
Ever had sexual intercourse	54.1	53.0	53.1	48.4	49.9
Had four or more sexual partners	18.7	18.7	17.8	16.0	16.2
Used a condom at last sexual intercourse <sup>7</sup>	46.2	52.8	54.4	56.8	58.0
Had been taught about HIV/AIDS in school	83.3	86.1	86.3	91.5	90.6
<b><u>Physical activity</u></b>					
Participated in strengthening exercises <sup>8</sup>	47.8	51.9	50.3	51.4	53.6

### Risk Behaviors That Worsened,<sup>1</sup> 1991-1999

	<u>1991</u>	<u>1993</u>	<u>1995</u>	<u>1997</u>	<u>1999</u>
<b><u>Tobacco use</u></b>					
Frequent cigarette use <sup>9</sup>	12.7	13.8	16.1	16.7	16.8
<b><u>Alcohol and other drug use</u></b>					
Episodic heavy drinking <sup>10</sup>	31.3	30.0	32.6	33.4	31.5
Lifetime marijuana use <sup>3</sup>	31.3	32.8	42.4	47.1	47.2
Current cocaine use <sup>3</sup>	1.7	1.9	3.1	3.3	4.0
Lifetime illegal steroid use	2.7	2.2	3.7	3.1	3.7
<b><u>Sexual behaviors</u></b>					
Used birth control pills at last sexual intercourse <sup>7</sup>	20.8	18.4	17.4	16.6	16.2
<b><u>Physical activity</u></b>					
Attended physical education class daily	41.6	34.3	25.4	27.4	29.1

<sup>1</sup> Significant linear change,  $p < .05$ .

<sup>2</sup> Among students who rode bicycles during the 12 months preceding the survey.

<sup>3</sup>  $\geq 1$  times during the 30 days preceding the survey.

<sup>4</sup> On  $\geq 1$  of the 30 days preceding the survey.

<sup>5</sup>  $\geq 1$  times during the 12 months preceding the survey.

<sup>6</sup> During the 12 months preceding the survey.

<sup>7</sup> Among currently sexually active students.

<sup>8</sup> On  $\geq 3$  of the 7 days preceding the survey.

<sup>9</sup> On  $\geq 20$  of the 30 days preceding the survey.

<sup>10</sup> Drank  $\geq 5$  drinks of alcohol on at least one occasion on  $\geq 1$  of the 30 days preceding the survey.

NA: data not collected



## Risk Behaviors That Did Not Change or Demonstrated Inconsistent Patterns of Change, 1991-1999

	<u>1991</u>	<u>1993</u>	<u>1995</u>	<u>1997</u>	<u>1999</u>
<b><u>Injury-related behaviors</u></b>					
Felt too unsafe to go to school <sup>1</sup>	NA	4.4	4.5	4.0	5.2
Threatened or injured with a weapon on school property <sup>2</sup>	NA	7.3	8.4	7.4	7.7
Attempted suicide <sup>2</sup>	7.3	8.6	8.7	7.7	8.3
<b><u>Tobacco use</u></b>					
Lifetime cigarette use <sup>3</sup>	70.1	69.5	71.3	70.2	70.4
<b><u>Alcohol and other drug use</u></b>					
Current alcohol use <sup>1</sup>	50.8	48.0	51.6	50.8	50.0
Alcohol use on school property <sup>1</sup>	NA	5.2	6.3	5.6	4.9
Marijuana use on school property <sup>4</sup>	NA	5.6	8.8	7.0	7.2
<b><u>Sexual behaviors</u></b>					
Currently sexually active <sup>5</sup>	37.5	37.5	37.9	34.8	36.3
<b><u>Physical activity</u></b>					
Participated in vigorous physical activity <sup>6</sup>	NA	65.8	63.7	63.8	64.7
Enrolled in physical education class	48.9	52.1	59.6	48.8	56.1

<sup>1</sup> On  $\geq 1$  of the 30 days preceding the survey.

<sup>2</sup>  $\geq 1$  times during the 12 months preceding the survey.

<sup>3</sup> Ever tried cigarette smoking, even 1 or 2 puffs.

<sup>4</sup>  $\geq 1$  times during the 30 days preceding the survey.

<sup>5</sup> Sexual intercourse during the 3 months preceding the survey.

<sup>6</sup> For at least 20 minutes on  $\geq 3$  of the 7 days preceding the survey.

NA: data not collected

## About the Youth Risk Behavior Survey (YRBS)

The YRBS is a national school-based survey conducted biennially to assess the prevalence of health risk behaviors among high school students. Data from the 1991, 1993, 1995, 1997, and 1999 national YRBS were combined into one data set to examine trends in risk behaviors across time, controlling for grade, sex, and race/ethnicity.

## For More Information

For additional information on the YRBS, contact the Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, 4770 Buford Highway, NE, Mailstop K-33, Atlanta, GA 30341-3717; telephone 1-888-231-6405; Internet <http://www.cdc.gov/nccdphp/dash>.